5 mmol/L:

$$\frac{5 \times 10^{-3} \text{mol}}{L} \times \frac{139.6 \text{g}}{1 \text{mol}} \times \frac{1 L}{1000 \text{mL}} \times \frac{1 \text{mL}}{1 \text{g}} = 7 \times 10^{-4}$$

$$\% = 7 \times 10^{-4} \cdot 100 = \boxed{0.07\%}$$

20 mmol/L:

$$\frac{20 \times 10^{-3} \text{mol}}{L} \times \frac{139.6 \text{g}}{1 \text{mL}} \times \frac{1 L}{1000 \text{mL}} \times \frac{1 \text{mL}}{1 \text{g}} = 0.0028$$

$$\Rightarrow \boxed{0.28\%}$$